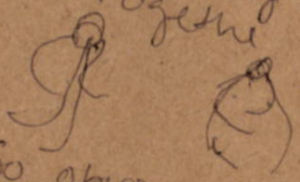
7/27

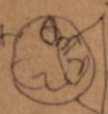
RE ENTER

balance, toes, ↑
one in body
worry no more
Promise to
Stand on toes ↑
Shoes, boots, heels
Breath, Left
& Right body
act together



So observers once done.
Re enter
Human
escaping
mental
delusion/
suffocation/
imbalance/
dis-ease
Running (Contest)
In place
I thought
I became
Animal

sounds of a horse.



(Involves the nurse, run on a wheel ?)

is ~30min an officer comes by and they stop for 2 seconds until they leave. worse than a zoo. cruel & unusual punishment— no ear plugs for fuck sake, this is the 4th night out of 8 being here. ~~last~~ night the officers just shriek around in boots up & down hall shining lights. Great now a third person is screaming. I laugh madly @ the absurdity for there is literally nothing I can do— there goes the squelching, kinda like a rapture noise...

currently reading (crying) Cows, Pigs, Wars & Witches— One of the best/most conscious books written, & in 1974.

Mother Cow, The Mating (New Guinea (Indigenous) Culture (pigs & wars), Ghandi, India, fuel etc. & ~~peter~~ the horrid witch hunts.

U SHUT UP
I'LL BEAT UR ASS
U DONT EVEN NO
WTH I AM DOH
STFU & back to
Answering your ques
BETTER DO YOUR
PUSH UPS
CLAPPING
whistle bomb *explode*
I LOVE YOU
in amidst arguments
cont. their conv.
Jaleb argy probs